

Hartford Elementary



January 2011 - Volume 10: Issue 5

Literacy Night is Coming!

Tuesday, January 17th

Literacy Night is a fun night for families to spend some time just reading together. We start the evening with free pizza and juice for families from 5:30 - 6:30. You can come anytime it works for you. You will be able to read with your child in your child's classroom, the library, or any hallway space available from 6:00 - 7:30. After reading book(s), you will be able to watch your child take an Accelerated Reader test, as well as shop at the Trojan Buck Store. The evening ends at 7:30, so plenty of time to get your child(ren) home to bed. We look forward to seeing you there!

January Events:



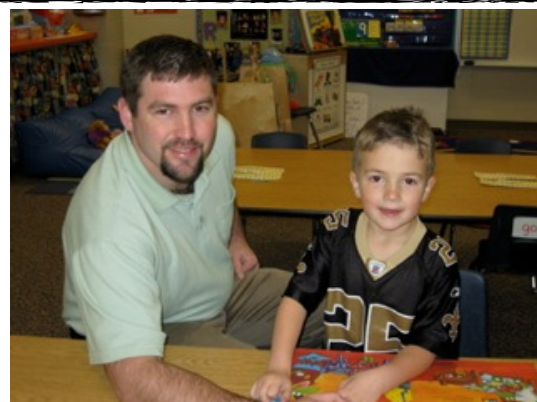
- Tuesday, January 3rd - School Resumes
- Tuesday, January 3rd - PTA meeting @ 7:00 HS Library
- Friday, January 6th - End of 2nd Quarter
- Tuesday, January 10th - Bookmobile
- Tuesday, January 10th - School Board Meeting @ 5:30
- Thursday, January 12th - Report Card Home
- Monday, January 16th - No School - Teacher In-service
- Tuesday, January 17th - Literacy Night with Trojan Buck Store @ 5:30
- Friday, January 27th - PTA Movie Night
- Tuesday, January 31 - Bookmobile



Left - Parents watch as students take AR tests on the computer.



Above - A happy student takes pizza for supper.



Right - A dad and his son read a book together.

The December Birthday Bash

The Hartford Elementary December Birthday Bash was held on Wednesday, December 7th. Students listened to Principal Tyler read Happy Birthday to You! by Dr. Seuss. They also received a birthday card, pencil, Trojan Buck and fruit snack. Happy Birthday to all the December birthdays!



Kindergarten December Birthdays

Levi (12-7), Eliot (12-6), Taylor (12-5), Gabe (12-28), and Megan (12-8)



December First Grade Birthdays

Kaleb (12-13), Kandice (12-2), Dylan (12-30), Peter (12-29), Kassidy (12-12), and Emma (12-31)



December Second Grade Birthdays

Zach (12-18) and Keighlor (12-4)

TYLER TUESDAY

JANUARY 17TH

11:00 AM

FOR JANUARY
BIRTHDAYS!

CALL PAM @ 528-3215 TO
REGISTER

Save the Dates!

If you have a child who will turn five by September 1st, 2012, please put these dates on your calendar.

Kindergarten Registration

Please call 528-3215 (press 0) to register your child and sign up for a screening time by Friday, February 3rd.

Kindergarten Screening Days

Tuesday, March 27th @ Humboldt Elementary 4:00 - 8:00 pm

Thursday, March 29th @ Hartford Elementary 8:00 am - 8:00 pm

Because we need the kindergarten teachers to administer the screening, there will be NO Kindergarten classes on Thursday, March 29th and Friday, March 30th. Parents of current kindergarten students will need to make other arrangements for their child on those dates.

Video and Computer Games: Often Not so Good for Kids

"My typically nice and responsible kid turns into a monster after he plays his computer games."

If you've noticed this same thing with your kids, you're not alone. Listed below are some thoughts about why this is so common, as well as actions we can take to protect our kids:

Understand that Electronic Games can be Extremely Addictive

Since most of these games operate according to variable schedules of reinforcement (the user cannot entirely predict when something exciting will happen) our kids get hooked into thinking that they have to play "just a little bit longer" each time.

Even educational games present these risks. To grab the attention of the learner, our kids' favorite games are highly entertaining...and stimulating. Is it any wonder that kids who spend too much time glued to these games find everything else boring?

Real life is always a downer when you're hooked on electronic uppers.

The symptoms of withdrawal also indicate the addictive nature of these games: Irritability, extreme moodiness, and attempts to get a "fix" even if it requires manipulating and mistreating those who love you the most.

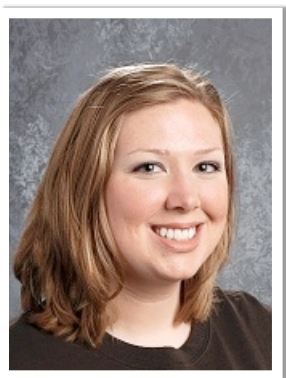
Set Enforceable Limits

Children under 5 should spend almost no time playing video games, computer games, or watching television. Again, this also applies to educational games and shows. Older children shouldn't spend more than 15-30 minutes per day engaged in these activities. Wise parents set the following limit:

***I allow video games, computer games, or TV in our home
only when they are causing no problems.***

Wise parents don't hesitate to remove these items from the home when "problems" begin. Kids don't miss their computers and TVs near as much when they have parents who spend plenty of time with them playing catch, riding bikes, sledding, and doing other sorts of good old-fashioned things that build relationships.

Thanks for reading!
Dr. Charles Fay



Nurse's Notes

by Rachel Sehr, School Nurse

Most people have a morning routine they go through each day. Part of that regimen, should include eating breakfast. If that's not part of your a.m. drill, please reconsider how you spend just a few minutes time, not only for your sake, but for your children's as well. While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. Obviously, when you are sleeping, you aren't taking in any food. So, when kids skip breakfast, they can end up going for almost eighteen hours without eating, and this period of semi-starvation can create a lot of physical, intellectual, and behavioral problems for them.

If you and your kids regularly skip breakfast in the interest of saving time or getting a few more minutes of sleep, remember that eating a wholesome, nutritious morning meal will probably save you time in the long run. By recharging your brain and your body, you'll be more efficient in

just about everything you do. Interestingly, studies show that kids who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis. Preparing a good breakfast can be as quick and easy as splashing some milk over cereal. If you and your kids seem unable to make time for breakfast, consider utilizing our school breakfast program or grab a granola bar or piece of fruit to eat while heading to the bus stop or walking to school.

If you aren't convinced yet, another argument is that skipping breakfast is strongly linked to the development of obesity, a growing epidemic in America, especially in rural areas like those of our school district. In 2009, almost 29% of children and over a quarter of adults were overweight or obese in South Dakota. Studies show that overweight and obese children, adolescents, and adults are less likely to "break the fast" each morning than their thinner counterparts. According to research, skipping meals, especially breakfast, can actually make weight control more difficult. Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger.

As a school nurse, this is one of many issues near and dear to my heart. In the amount of time it has taken me to write this article, out of all the kids who have stopped in with health concerns, six children came in with stomachaches or headaches that did not eat breakfast this morning. While any number of things can cause these problems, think about how you feel when you're hungry. Not that great, right? It is harder for kids to understand what is causing that discomfort, and it can be very scary for some of them, especially the littlest ones. While you can swing through the drive through or stop at the gas station on your way to work, your child has to settle on crackers from me...*if* they come to my office. I know we have wonderful and loving parents in our district. That is why I know you'll heed my plea to **please feed your children breakfast.**

Remember, plenty of rest, exercise, proper nutrition, and good hygiene go a long way in the prevention of most common illnesses!



Illustrator Sam Boerboom Visits Hartford Elementary

Samuel Boerboom, a 2010 West Central graduate, visited WC Hartford Elementary on Monday, December 19th. He read a book to each classroom that he illustrated when he was a sixth grade student at West Central. He had a neighbor, Lori L. Gerads, who wrote three poems about country animals that she had observed near her home by Wall Lake. She knew that Sam liked to draw, so she asked him to illustrate her poems.

Fast forward nine years. The book was published this fall, 2011, and Sam is the illustrator. As he read the book to students, he gave the Hartford Elementary students a treat of his voice and his pictures. Thanks, Sam, for reading Country Tails to your friends at Hartford Elementary!



Sam reads to a kindergarten class and shows them the pictures he drew as an 11 year old.

Reflections -

by Mrs. Tyler



If you read the article above about Sam Boerboom, you'll understand more about my article. I'm so proud of him! He was on the DI (Destination Imagination) team that I coached for many years. My youngest daughter, Beth, is a good friend of Sam and they hung out with the same group of friends in high school.

As we were talking when he was here at school, he was telling me how much he enjoyed college, how he will for sure give Beth a call over Christmas break, and how they'll more than likely get the gang together for some Saturday Night Live watching.

He also shared something that my own kids have said. He told me that out of his schooling here at West Central, he felt that his time spent with the DI team was what he uses the most. It was (and is) a problem solving team, and he (and my kids) can look at a problem from more than one angle. They look for the solution that no one else sees and they make it work.

Somedays you never know if what you do counts, and then you get a Sam type of day.

West Central PTA Meeting

Tuesday, January 3rd
7:00 pm

High School Library



PTA Spirit Fingers

Love & Logic

When Kids of Divorce Say, "Dad lets me."

Fortunately, kids who go back and forth between Mom's house and Dad's can grow into healthy adults...if their divorced parents can avoid getting sucked into the trap of trying to control what they can't.

Far too often divorced parents waste tremendous amounts of energy...and create unnecessary tension...by trying to control the "ex."

Since kids are designed to test the security of limits, they often feed right into this trap by saying things like, "Dad lets me."

Smart parents know that kids are capable of adjusting to different styles of parenting, and that children will eventually...as adults...come to respect the parent who is the healthiest.

When their child says something like, "Mom gives me candy before dinner," these wise parents don't call their ex and accuse. They don't complain about their ex in front of the child. They don't get angry. They just smile and answer, "You noticed that your parents are different. I allow dessert after dinner."

Thanks for reading!



Bring the whole
family to
Meet the
Robinsons

PTA Movie Night
Mark Your Calendar!
Friday, January 27th

6:30 pm

\$1.00

WC High School
Auditorium

Theater Seating
Popcorn & Water
available for \$.50

Help Us Save!

Check out the following ways to help us out!



Box Tops for Education

Just clip, put in a baggie and return to school!
There is also a drop box at Sunshine.



Save Five for Schools

Just wash these milk and juice lids and send to school in a baggie (or Sunshine). Watch for store specials! We need the WHOLE lid!



Labels for Education

This is not just Campbell's Soup Labels anymore! There are many products that qualify. Check it out at labelsforeducation.com. You can send labels to school with your child or drop in box @ Sunshine.

Cell Phones/Ink Cartridges

You can drop off old cell phones or ink cartridges and we can recycle and get money back. There is a box inside our front door.

Lunch Schedules

If you want to come and eat with your child, here are the lunch schedules:

- 1A 11:10 - 11:40 - Mrs. Knuth
- 1B 11:15 - 11:45 - Mrs. Underberg
- 1C 11:20 - 11:50 - Mrs. O'Hara
- 1D 11:25 - 11:55 - Mrs. Graff
- 1E 11:30 - 12:00 - Ms. Henry
- KA 11:40 - 12:10 - Mrs. Wolles
- KB 11:45 - 12:15 - Mrs. Even
- KC 11:50 - 12:20 - Mrs. Cole
- KD 11:55 - 12:25 - Mrs. Weber
- 2A 12:05 - 12:35 - Mrs. Mriden
- 2B 12:10 - 12:40 - Mrs. Spielmann
- 2C 12:15 - 12:45 - Mr. Jacobs

CGI Corner

There are three children on the slide. How many legs are on the slide?



There are three children on the slide. How many fingers are on the slide?